

# Upcoming Programs, Classes & Events

For more information on any of the following programs please call the Department of Parks and Recreation at (323) 584-6218 or send an e-mail to [parks@hpca.gov](mailto:parks@hpca.gov).

## Fall Classes Now Available

The Parks and Recreation Department is currently accepting registrations for Summer classes. Classes include fitness, martial arts, manual arts, music lessons, dance lessons, classes for toddlers and other special interest classes. Please see the list of Summer Class offerings below.

4 Week Classes	
Session 1	September 8 – October 5
Session 2	October 12 – November 5
Session 3	November 16 – December 15

6 Week Classes	
Session 1	September 8 – October 13
Session 2	October 27 – December 1

Fitness & Wellness Classes					
Class	Cost / Wks	Days	Age	Time	Description
Aerobic Body Toning	\$28 / 4	Mon - Thu	12+	8:30 - 9:30 am	Tone and strengthen abs, arms, hips and thighs and improve posture and balance in the Aerobics class.
Aerobics & Pilates	\$28 / 4	Tue - Thu	12+	6:30 - 7:30 pm	Tone and strengthen abs, arms, hips and thighs and improve posture and balance.
Cardio Kickboxing	\$30 / 4	Wed - Fri	15+	6:30 - 7:30 pm	Kick, punch and sweat your way to a higher fitness level! The ultimate cardio challenge.
Nutrition/Cooking	\$40/ 4	Wed	15+	6:00 - 7:00 pm	Save money by learning to prepare delicious and nutritious dishes using fresh ingredients.
Toddler Classes					
Creative Little Hands	\$30 / 4	Fri	3 - 5	10:00 - 11:30 am	This fun four-week program gives children the opportunity to develop their creativity through different arts and crafts activities.
Pee Wee Sports	\$30 / 4	Tue / Thu	3 - 5	10:00 - 11:30 am	Your young child will learn the basic fundamentals of sports such as tennis, soccer, and basketball in this morning class.
Start Right!	\$115 / 10	Mon / Wed	3	8:30 - 10:30 am	Students will learn to basic shapes, colors, sing-a-long songs, games, arts and crafts and more.
Start Right!	\$115 / 10	Mon / Wed	3	10:45 am -12:45 pm	Students will learn to basic shapes, colors, sing-a-long songs, games, arts and crafts and more.
Start Right!	\$115 / 10	Tues / Thu	4 - 5	8:30 -10:30 am	Students will learn to basic shapes, colors, sing-a-long songs, games, arts and crafts and more.
Special Interest Classes					
Community First Aid/CPR	\$55/ 1 day	Sat (English)	13+	10:00 am - 2:00 pm	This course is for anyone with limited or no medical training who wants to learn basic first aid to help their family or co-worker. If participant requires a course completion card to meet job, regulatory or other requirements, participant may discuss with instructor prior to the class starting. The course includes the following OSHA approved topics. Mandatory \$12 material fees apply. Call for specific dates.
Primeros Auxilios/RCP	\$55/ 1 day	Sat (Spanish)	13+	10:00 am -2:00 pm	
Electric Rock Guitar	\$40 / 4	Sat	12+	1:00 - 2:00 pm	This ongoing guitar class can be taken continuously by students at any level. Students learn the basics of electric guitar in a group setting.
Guitar	\$40 / 4	Thu	8+	6:30 -7:30 pm	Don't sit back and watch others play the guitar. Bring your guitar and learn how to read music, learn the different chords and learn how to play simple songs.
Karate	\$40 / 4	Mon / Wed	7+	6:00 - 7:00 pm	Looking for a class where you or your child can learn self-defense and get a good workout? If so, Karate is for you. Learn how to defend yourself while enjoying an excellent workout.
Modern Creative Modeling	\$55 / 6	Tues	4 +	5:00 - 6:15 pm	This class is designed to teach boys and girls the many facets of fashion and modeling.
Ice Skating	\$50 / 4	Fri	3 - 18	6:15 pm - 6:45 pm	Learn to skate with the goal of gaining independence on the ice.
Ice Skating	\$50 / 4	Sat	3 - 18	11:45 am -12:15 pm	Learn to Skate with the goal of gaining independence on the ice.
Sewing & Auto Upholstery	\$40 / 6	Sat	17 +	9:00 - 10:00 am	Learn the basics of proper measurements, needle and threading, and stitching
Dance Classes					
Ballet (Pre)	\$40 / 6	Fri	3 - 4	4:00 - 4:45 pm	Learn the basics of technique and terminology. Includes learning body alignment, posture, and flexibility.
Ballet (Kinder)	\$40 / 6	Fri	5 - 6	5:00 - 5:45 pm	
Ballet (Beginner)	\$40 / 6	Fri	7 - 12	6:00 - 6:45 pm	
Ballet (Intermediate)	\$40 / 6	Sat	8 +	9:45 - 11:00 am	
Ballet (Pre)	\$40 / 6	Sat	3 - 4	12:00 -12:45 pm	
Ballet (Kinder)	\$40 / 6	Sat	5 - 6	11:00 -11:45 am	
Ballet (Beginner)	\$40 / 6	Sat	7 - 12	1:00 -2:00 pm	
Folklorico (Beginner)	\$35 / 6	Mon	7 - 13	5:00 - 6:00 pm	Join the fun in Folklorico dance. Learn about Mexican culture through fun and enjoyable Folklorico dances that represent the different regions of Mexico. No previous experience necessary.
Folklorico (Intermediate)	\$35 / 6	Mon	14 - 17	6:00 - 7:00 pm	
Folklorico (Advanced)	\$35 / 6	Mon	18 +	7:00 - 8:00 pm	
Folklorico (Beginner)	\$35 / 6	Tue	10 - 15	5:00 - 6:00 pm	
Folklorico (Intermediate)	\$35 / 6	Tue	30 +	6:00 - 7:00 pm	
Folklorico (Advanced)	\$35 / 6	Tue	17 +	7:00 - 8:00 pm	
Hip Hop I	\$25 / 6	Tue	5 - 11	6:00 - 7:00 pm	Get fit and learn some of the hottest hip hop moves in this six-week class for kids and young adults.
Hip Hop II	\$25 / 6	Fri	12 - 18	5:45 - 6:45 pm	
Latin Party Dance Mix	\$45 / 6	Tue	4 +	6:30 - 7:30 pm	Lose weight and get toned through a cardiovascular workout while dancing to the beat of Salsa, Merengue, Bachata, Cha, and more.
Zumba Kids: Yoga ball	\$30 / 4	Mon - Wed	6 -13	5:30 - 6:30 pm	Staying fit has never been so much fun! Zumba dance is a fast-paced, fun way to stay active.